



Walking can

- Make you feel good.
 - Give you more energy.
 - Help you sleep better.
 - Help you reduce stress.
 - Keep your heart 'strong'.
 - Reduce blood pressure.
 - Help to manage your weight.
- If you are free of serious health problems you can start walking more, with confidence.
- The health benefits of walking and other forms of physical activity will be enhanced by a balanced diet and not smoking.

General guidance

Start gently and build up at your own pace.

Wear comfortable shoes or boots, according to the description of the walk and time of year.

Wear clothing suitable for the weather conditions. Loose fitting clothing allows you to move more freely – thin layers are better than thick chunky clothing.

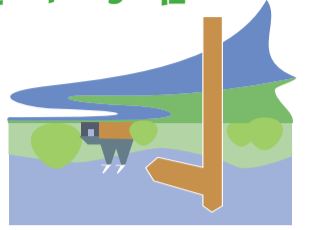
Let someone know where you are walking, and what time you are likely to return.

Do not walk if you are unwell or in pain.

It's a good idea to take a bottle of water with you.



The Countryside Code



This leaflet describes and illustrates one of five walks produced by Edenbridge Town Council, with the support of the Hidden Britain Project. The project is an initiative to encourage tourism, and to highlight lesser known areas of the countryside.

Walk 1 begins in the village of Marsh Green. Cars may be parked beside the green and the walk takes you through undulating fields and past the house in which John Osborne lived. Its start and finish is near the Wheatstheat Inn, which serves homecooked food and has a garden. The shorter walk is approx 2 miles (3.2 km) and takes about an hour, while the longer route is approx 4 miles (6.4 km) and takes about 2 hours. It can be muddy in places. Nearby Edenbridge has shops, pubs, a variety of places in which to eat, historic buildings and the convenient Edenbridge Town station.

For more details, see www.countrysideaccess.gov.uk

- Be safe, plan ahead and follow any signs.
- Leave gates and property as you find them.
- Protect plants and animals and take your litter home.
- Keep dogs under control.
- Consider other people.

WALK 1

Explore Edenbridge



By car: Edenbridge is situated on the B2026, south of the M25 (at junction 6). From the A25 at Oxted, follow the B269 then the B2026 to Edenbridge. There is free parking in the town.



By train: Edenbridge Town station is on the London to Uckfield line; while Edenbridge station (about 1 mile from the town centre) is on the Redhill to Tonbridge line. National Rail Enquiries: 08457 48 49 50

Visit www.edenvalleykent.org



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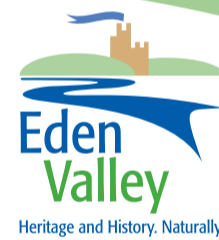
Lying between the Greensand Ridge to the north and the High Weald to the south, Kent's River Eden meanders through Edenbridge and surrounding villages, towards its confluence with the River Medway at Penshurst. On either side of the river lies tranquil farmland, broken by quiet country lanes, whilst the rolling hills and woodland conceal a wealth of historic properties and beautiful gardens.

Throughout the valley there are many Kentish towns and villages waiting to be explored – such as Chiddingstone, Edenbridge, Hever and Penshurst – which are rich in heritage and have many stories to tell. Medieval buildings, coaching inns, courtyards, gardens and historic churches all offer a step back in time.

Exploring beyond the Kentish villages you will discover this is superb walking country, with fine views, miles of footpaths and, for the more adventurous, several long distance routes which cross the area.

The routes used are believed to be public rights of way, unless otherwise stated. However, Edenbridge Town Council accepts no responsibility for any error or subsequent change.

Picture of Edenbridge (above right) © Sevenoaks District Council



Marsh Green – Clatfields – Marsh Green

1 – 2 HOURS • Two or four miles (3.2 or 6.4 km)
Easy terrain with low hills





1 Cross main road and turn right to pub. From the Wheatsheaf, continue along main road towards East Grinstead. After 150 yards bear left along Greybury Lane (SR646). Pass row of cottages on left. Continue until reaching detached cottage, Smoaky Cottage. [Possibly so called because of brickworks at Greybury - Marsh Green was once part of the Greybury Estate (circa 1800) and the church and school were built with Greybury bricks in 1880.] Immediately beyond, just before lane bends to right, cross stile on left (SR647). Mile-stone indicates "Clatfields ½ mile".



2 Keeping hedge on right, cross SR644 at four-way sighting pole, then continue up hill until clump of bushes surrounding small pond is reached. In summer, this is an excellent area for butterflies (Ringlets, Meadow Brown, Gatekeeper). Cross field diagonally to left hand corner (towards telegraph pole). Through gate, keep hedge on left and make for stile ahead. On left is line of oak, hawthorn, sycamore and beech trees. Stile leads to path fenced on both sides, with small lake on left.



3 At end of path, turn left up steps and over stile (SR648). Cut across right hand corner to red and white sighting post. Cross stream by footbridge, and on private road turn left. [To right, leads to Clatfields, a 16th century three storey building - its name derived from Gleppanfelda (Saxon).]



4 Continue to end of private road, passing grounds of Christmas Place on right. During 1970s and 80s, Christmas Place was inhabited by John Osborne, author and playwright of "Look Back in Anger". He later moved to Shropshire, where he died in 1994.



At red letter box on left, there is choice of two routes.

WALK 1 Marsh Green – Clatfields – Marsh Green

Starts and finishes at The Wheatsheaf Inn, Marsh Green. Cars may be parked beside the Green, on which is a children's playground. Shorter walk is approximately 2 miles (3.2 km) and takes about 50 minutes; longer walk is approximately 4 miles (6.4 km) and takes about 2 hours.

This walk can be muddy in places.
Uses SR646, 647, 648, 639, 640, 643, 632, 644, 641 and 642. 12 stiles.



5a For shorter route - turn left over stile (SR644) and walk up field to large gap in hedge on right. Turn right (SR641) and follow edge of field, keeping hedge on left, to stile. Panoramic views. Cross, continue down hill to further stile, cross and bear left, to stile in corner. Cross and turn left (SR642) to get back to main road, opposite the Wheatsheaf.



5b For longer route - go straight over, follow road ahead (SR639) and go past Chiswell Farm. Opposite lane on left (SR642) and sign for New Homefield, turn right over stile (SR640) and head diagonally for stile in the opposite corner.

6 Cross stile, keep left to brow of hill, and at yellow sign post turn right following arrow to SR643. Cross field to small stile in hedge, to left of group of trees.



7 Continue straight ahead over next field, over private road, and follow path keeping a line of oaks to the right. Hilllands is visible towards left. After last oak, cross field diagonally to right, at stile go down bank, cross footbridge and into field. Keep fence on right and head to stile.



8 Turn right along private road SR632, keeping lake on left. On right is site of Christmas Mill, a watermill dating from early 14th century, whose 1327 owner was W Cristemasse. The Mill was still in use in Victorian times. There was a tradition of skating on the pond in winter with lights hung round the banks. Continue past Christmas Place, cross stile (SR644) and follow instructions at 5a.

